



# STUDENT BULLETIN

16 / 03 / 26

Proud to be **GOOD** in all areas

This term's  
Character Virtue:

**CURIOSITY**

*Investing in each other to be the very best we can be*

## HAPPENING THIS WEEK

### Monday

Year 11 Celebration  
Assembly

### Tuesday

Year 10 Celebration  
Assembly  
Year 9 (Band B) Parents'  
Evening

### Wednesday

PSHCEe, Period 6

### Thursday

No Events listed

### Friday

GCSE Dance Trip

## Message from the Assistant Headteacher

As Spring arrives, bringing longer days and a sense of renewal, it's a perfect time to reflect on the values that shape us at Park High. With our celebration assemblies approaching, we look forward to recognising students who have shown exceptional **resilience, teamwork, curiosity, compassion** and **integrity** this term.

Spring naturally encourages **curiosity**—a value at the heart of learning. Just as the world around us begins to bloom again, this season invites us to notice more, question more, and explore more deeply. Whether it's taking on a new challenge in class or simply wondering how something works, **curiosity** helps us grow as learners and as individuals.

Spring also encourages us to think about how our values come to life in everyday moments. As new growth appears around us, we're reminded that **resilience** helps us push through challenges just as nature pushes through winter. Working together—whether in lessons, clubs or tutor time—shows how **teamwork** strengthens our community and helps everyone flourish. This season also invites us to be more observant and inquisitive, using our **curiosity** to look more closely, ask better questions, and deepen our understanding of the world. And as we navigate the busy weeks ahead, **compassion** and **integrity** guide us to act kindly, fairly and thoughtfully, helping Park High remain a place where everyone feels respected and supported.

This week also includes an important moment for our Year 9s, with Year 9 Parents' Evening offering students and families the chance to reflect on progress, discuss aspirations, and celebrate achievements together. As we head into our celebration assemblies, let's continue to live our values with pride—celebrating not just the season, but the achievements and character of our school community.

**Ms Cramp**



# ACHIEVEMENTS

## SHOUT OUT

We are delighted to celebrate Manasvi 8HG for her remarkable achievement at a recent Guinness World Records event. She earned the title of 'The Aksharpurushottam Vidhshi' during a gathering of around 12,800 children from across the world. It was a proud moment for her and her family and were excited to share this special accomplishment, she has since been honoured by several organisations.



Most House Points



Most Character points

8FF

Best Attendance

9FT

Best Punctuality

7YC & 9SK

## PLATINUM CHARACTER AWARD BADGE



"Receiving the Platinum Badge is a huge honour. I'm incredibly proud to have been the first student in Year 9 this year to achieve the Bronze, Silver and Gold badges, and now the first student in the whole school to achieve Platinum. In lessons, I always try to be proactive and fully engage with my learning, whilst also being benevolent to my peers by supporting others when they need help. I am very grateful for the encouragement and support from my teachers." - Leon 9SK

## ACE LOTTERY WINNERS

Ruth B 11PW

Abishai I 7YC



# SPORTS NEWS



## KS3 Netball Harrow Borough Champions

Last week our KS3 boys took part in the first boys Netball Tournament held in the borough of Harrow. Even though it was their first time playing competitively, they represented Park High with confidence and enthusiasm. In the weeks leading up to the event they showed great curiosity by attending the Monday lunchtime netball club with Ms Acheampong and Ms Perren.

Their determination to learn the rules of the game helped them stand out on the day. Strong teamwork from every player was central to their success.



At Nower Hill, the boys played three matches. They opened with an impressive 11 to 1 win against Nower Hill then followed with a 12 to 0 victory over Nower Hill before finishing with a 10 to 0 win against Whitmore. This outstanding performance crowned them borough champions.

Their achievement reflects the power of resilience curiosity and teamwork which embody our Park High values.

## U14 Badminton Semi Final

The Under 14 Badminton team won all three of their matches last week. This puts them through to the final to play John Lyon. A special mention to Saisha who won all her singles games.

## Football Semi-Finals

Congratulations to our U13, U15 and U16 Boys Football Teams who have all made it through to the semi-finals of the Harrow Borough Competition. We wish them luck in their upcoming games in the last week of term.

## Jr. NBA

Good luck to the Jr. NBA for their upcoming games this week!





# British Science Week at Park High School

Park High School celebrated British Science Week from Monday 9th to Friday 13th March with a packed programme of exciting activities for students. Throughout the week there were pop up demonstrations during break and lunch in the quad, playground and science classrooms.

The week began with the always popular Mentos and Coke demonstration at break, followed by methane fireballs at lunchtime. On Tuesday, students created rainbow oobleck during break before launching bottle rockets in the playground in the afternoon. Wednesday featured carbon dioxide testing at break, then a session on balloons and convection currents at lunch. On Thursday, students explored the blue bottle reaction along with the pin bed and balloons activity.

The week ended with a large Science Fair held in the main hall on Friday. More than 330 Year 5 students from local primary schools visited Park High to experience hands on workshops led by our sixth form science students. The sessions included experiments with a Van de Graaff generator, slime making, and demonstrations involving hydrogen filled balloons which gave younger learners a memorable introduction to scientific ideas.



# Jack Petchey Speak Out Regional Finals



We are incredibly proud to celebrate the achievements of two of our outstanding students, **Mohammed A & Elena Y**, who recently represented the school at the Jack Petchey “Speak Out” Challenge Regional Finals, held at Bentley Wood High School.

Their journey began on 30<sup>th</sup> September 2025, when they took part in the Speak Out workshop alongside their peers. Following the workshop, they were successfully shortlisted into the semi-finals with seven other students. All shortlisted students delivered their speeches in assembly, and staff then selected two finalists - based on their delivery, commitment, and passion - to represent our school at the regional competition.

In the weeks leading up to the event, both students demonstrated remarkable resilience and integrity, embracing feedback, refining their speeches, and rehearsing with determination and maturity. Their honesty and courage in sharing their ideas truly reflected our school values.

Last week, they delivered their speeches at the regional finals, performing alongside students from across the Harrow borough. Their impact was felt by everyone in the room. In the words of the Deputy Mayor of Harrow, who was in attendance:

*“They blew me away - so inspiring.”*

This is an exceptional achievement, and we could not be prouder of the way they represented our school.



## Languagenut School Rankings

**Park High School**

Recent Activity | March World Ranking | **School Ranking** | Achievements

	School Ranking	Points
1	Ginga Timotei	88,600
2	Niyas Nabeel	86,000
3	Costea Luca	84,300
4	Gaiduc Bogdan	64,000
5	Salam Jawhara	58,400



# Year 11 Composers Take Centre Stage



Four of our Year 11 students had their original music compositions performed in a special public concert by the Nonesuch Orchestra last week. The event took place at St Peter's Church in Chiswick and was attended by more than two hundred people. The programme featured new works by young composers from Park High School, Twyford CofE Academies Trust, Chiswick School and West London Free School.

Mr Appleman said *"It was extremely moving to hear the pieces performed after months of hard work. Turning the notes from dots on the specialist software to live music is extremely powerful and a memorable experience not only for the students but the orchestra and audience too."*

The Nonesuch Orchestra praised the great work of our students and said it was a privilege to collaborate with them. Well done to our talented Year 11 students on this outstanding achievement.



## Exploring Global Politics

Our Sixth Form Politics students recently had the opportunity to hear from Philip Cunliffe, Associate Professor of International Relations at UCL. His research spans international order, sovereignty, peacekeeping, and critiques of liberal interventionism. The session took place during a PSHCEe event, organised by the Politics Department.

During his visit, Dr Cunliffe delivered a thought-provoking talk on the concept of the National Interest, the end of globalisation under President Trump, and the current unravelling of the American Empire.

In a lively exchange, Mr Peacock offered a series of rebuttals, presenting an alternative view that defended globalisation and argued for its continued relevance. Students rose to the challenge, asking incisive questions and engaging both speakers with impressive confidence and curiosity.





# “Rocking Ur Teens” Girls Conference

On Tuesday 10th March, 15 girls from Years 8 and 9 attended the annual “Rocking Ur Teens” Girls Conference in celebration of International Women’s Day. Hosted at the London Stock Exchange, we travelled by Tube to take part in an inspiring day of talks and workshops.

Highlights included hearing a talk from Gracie Mitchell, a female racing driver, as well as other inspiring speakers. The event focused on empowering teenage girls and showcasing the wide range of pathways and opportunities available to them in the future.

It was a fantastic experience that encouraged our students to think ambitiously, embrace their individuality, and make positive choices. We are extremely proud of how confidently and enthusiastically they engaged and represented the school.



# Year 8 Trip to the Barbican

On 11th March, 24 Year 8 students had the wonderful opportunity to visit the Barbican and experience one of the world’s leading orchestras, the London Symphony Orchestra. The performance opened with Benjamin Britten’s Young Person’s Guide to the Orchestra, a piece designed to showcase the unique sounds and abilities of each orchestral section. Our students were especially captivated by the shimmering tones of the harp and the wide variety of percussion instruments on display.

The programme also featured works by three female composers. One of these was Grażyna Bacewicz, a remarkable composer who lived through the Second World War and is believed to have embedded coded messages within her music. Students were fascinated to learn about the presence and influence of female composers during that era.

The concert concluded with an exhilarating performance of Star Wars, which left the students thoroughly impressed, especially after discovering that the LSO recorded the music for this and many other iconic film soundtracks.

In addition to listening, students took part in rhythm-based activities led by the orchestra, giving them a chance to feel truly immersed in the performance experience. Many of our students expressed how privileged they felt to hear such beautiful music live, and one student was particularly amazed that an entire orchestra could be guided so precisely by a single conductor using just her hands and a baton.



# The Tale of Joan of Arc (Not Your Regular Julius Caesar)

Alexander the Great, Napoleon Bonaparte, Genghis Khan, Julius Caesar — these are names woven intricately into the fabric of history, etched into our minds as the very definition of greatness. Yet among these titans stands an unexpected and remarkable figure: Joan of Arc, a young woman who defied society's greatest expectations and altered the trajectory of our world.

Joan of Arc (c.1412–1431), born to a propertied peasant family in North-Eastern France, knew of nothing but war. Raised in a devout Catholic household, she was not taught to read or write, but instead schooled on sacred narratives and biblical accounts, shaping her as pious from a tender age. This dedication to God trailed into her adolescence, and at thirteen, Joan reported experiencing divine visions and auditory hallucinations, instructing her to take up arms to fight for the French crown during the Hundred Years' War.

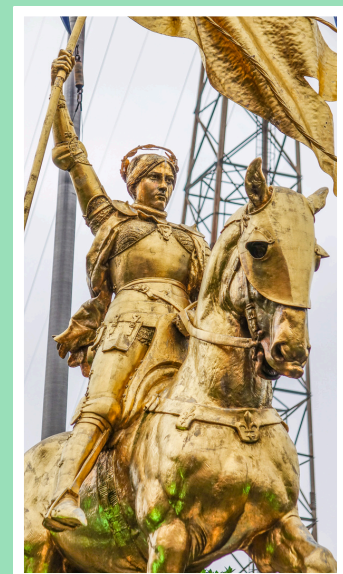
Joan shattered medieval gender conventions quite evidently so. At seventeen, she led the French army to several victories, inspiring demoralised troops by wearing armour and taking charge from the front line. Her preference for aggressive, offensive strategy helped her troops triumph in nine out of thirteen conflicts.

Many would argue that Joan's dedication to radical Catholic ideology and patriarchal philosophy made her anything but a feminist, yet whether she realised it or not, she was a feminist in body, mind, and soul. Joan dressed like a man, donned armour, and cropped her hair short to fight on the battlefield. Defying nearly every expectation of femininity, she paved the way for women to step out of their confined roles and take an active part in society: something few women had dared to do before.

Yet her courage was met with inexorable opposition. Despite her glorious efforts, Joan was regarded as a relapsed heretic, a witch, a sorceress, and an agent of the devil. In May 1431, she was burned at the stake in Rouen, France, at roughly nineteen years old. Her politically motivated trial highlights how women have historically had their voices extinguished for refusing to remain passive, and for demonstrating valour and boldness in society.

Linking to International Women's Month, my message is not to cut your hair and join the army, but to be conscious of the things we say, the jokes we make, and to never feign ignorance. You don't have to be a history aficionado to recognise Joan of Arc's achievements, but we should all strive to display empathy towards the women around us. Whether it's a joke that undermines a girl's ability or an automatic assumption about what women "should" do, history often has a way of rearing its ugly head. Like Joan, breaking these superficial "limits" can inspire real change, even if you don't see a trailblazer when you look in the mirror. After all, it truly is one small step for a woman, one giant leap for womankind...

- written by Lina Mahwies, 11AG



# Careers & Employability

## Upcoming Events



Free careers webinars run by **My Great First Job** - supporting young people, parents and educators.

- Wednesday 18th March - LinkedIn Part 1
- Tuesday 21st April - FindingWork Experience Opportunities
- Wednesday 6th May - How to Write a Great First CV
- Tuesday 19th May - How to Develop your Personal Brand

[CLICK TO VIEW THE COLLECTION](#)



**TOP 10 JOBS**

**TEENAGERS**

**WANT IN 2026**



**career compass**

**Property Industry  
Overview**

18 March 2026, 5pm

Online

Y12 & Y13

Discover what a career in the property industry could look like in this interactive session with professionals from Colliers.

[EVENT DETAILS](#)



Fantasy Wings provides a safe space to learn about pilot and aviation studies, offering real networking opportunities, career prospects and personal development for people from ethnically diverse backgrounds and women interested in the Airline and Aviation industries.

[FIND OUT MORE HERE](#)

## Queen Mary Futures



Taking place at Queen Mary's East London campuses, the Queen Mary Futures programme is an opportunity for eligible Year 12 students to gain an insight into different subjects that are studied at university, and to prepare for the challenges of university-level study.

Applications for the Queen Mary Futures Spring 2025/26 programme are now open.

The deadline to apply is Sunday 22 March 2026.

[FIND OUT MORE](#)



COMIC RELIEF  
**RED NOSE DAY**  
FRIDAY 20 MARCH

# Comic Relief

## 16th - 20th March

### Joke wall - free entry

⇒ Tell us your best joke and see if you make it into the PHS joke book!

### Badges and red noses - £2.50 for badges ; £2.50 for noses

⇒ They will be on sale in the foyer at break and lunch.

### Sweets in the jar - 50p for one guess ; £1.00 for 3 guesses

⇒ Closest guess to how many sweets there are will win the whole jar.

### Cookie sale - £1.00 each

⇒ On sale in the foyer from Tuesday lunch and after school for the whole week.

### Doughnut sale - £1.50 each

⇒ On sale in the foyer from Tuesday lunch and after school for the whole week.

### Design-Yer Nose competition

## House Competition

⇒ Design your nose and make it unique. Email a photo of your nose to Ms Perren. Each design entered gets a point for their house. The best 3 designs will win an amazon voucher, plus 10 points for their house. DEADLINE: Monday 23rd March by 5 pm.

### Also Featuring:

- Sixth Form and Staff - Wear something red on RND whilst also bringing a donation of £1 - Friday 20th March

- There will be a JustGiving page sent out so that parents, staff and students can also donate online! QR code to donate →



# LAST WEEK'S ROUNDUP

## Year 7

Happy Eid to all those who celebrate! Eid is a time that reminds us of the importance of kindness, gratitude, and working together as a community. I have seen many of these positive qualities recently especially while watching several gymnastic performances last week. It was wonderful to see students demonstrating teamwork, determination, and support for one another. I was especially impressed by the talent on display and by the willingness of so many to step out of their comfort zones and perform in front of others. It was a great example of the positive spirit we have within this year group and that I would love to see more of.



I encourage everyone to continue stepping outside of their comfort zone and to take part in clubs and activities that help build confidence and develop new skills. There will be lots of opportunities coming up after Easter, so be sure to make the most of them and get involved!

We also our celebration assembly next Tuesday, which the Year Team are really excited about. Who will win the Year Team awards this time?! We look forward to celebrating the achievements and successes of our students together. Have a great week everyone!

**Miss Daler**

## Year 8

Dear all,

I wanted to celebrate some individual achievements and success we have seen in our year group recently.

A huge congratulations to Manasvi in 8HG who is now a Guinness World Record holder! In February, Manasvi was one of 12,723 participants, aged 3 to 13, who recited the Satsang Diksha text to celebrate the 92nd birthday of HH Mahant Swami Maharaj in India. Manasvi - we are very proud of your achievement and so happy you have shared your experience with us all.

All of you should have received your PC2 grades by now and the focus should be on how we can make improvements between now and the end of the year. Some of us are working incredibly hard across all subjects and so our focus should be on maintaining this. Some of you may know that you could be doing better and now is the time to do so.

Have you thought about which subjects you want to make the most progress in? How do you go about doing that? Is there extra work you can do as part of your home learning? Have you spoken to your subject teachers? Stay curious about how to get better and improve and work towards doing this between now and the end of the year.

Have a good week.

**Mr Hargreaves**



## Year 9

You have now all completed your practice preferences, so you should feel confident about the process. The next important step is to explore the specifications for the subjects you have chosen. These documents outline exactly what each course involves, including the key topics you will study, the skills you will develop, and the expectations for assessments. Taking the time to read through them carefully will help you understand what lies ahead and allow you to make informed decisions about your learning.

Remember, this is your learning journey. The more you know about the subjects you have selected, the better prepared you will be to succeed. Make sure you take responsibility for finding out everything you can before the final preference link is sent out.

Parents evening reminder:

- **Tuesday 17<sup>th</sup> March - 9f, 9g, 9h, and 9i**

**Miss Acheampong**

## Year 10

Dear Year 10,

It's hard to believe that we are now just two weeks away from the Easter break. The weeks seem to be flying by, and it has been really encouraging to see how well Year 10 are doing.

This week in particular has been really positive. I've received lots of compliments from staff members who say they have wonderful classes and fantastic students in Year 10. That is a real credit to you and the way you conduct yourselves every day. I am incredibly proud to be your Head of Year and it's great to see so many of you working hard and thriving in school.

As we move closer to Easter, we are also entering an important stage of the year. Revision timetables and revision checklists are starting to be shared by departments, and many of you may be beginning to feel the pressure building as your mock exams approach shortly after the holidays. When you return from Easter, exams will begin very quickly, so it's important to start preparing now.

Everything is moving quickly, and before long you will be stepping into the role of the new Year 11s. However, please remember that you are already in a really strong position, and if you continue working consistently, you will be well prepared for what's ahead.

On a more celebratory note, I'm really looking forward to tomorrow's achievement assembly, which is our second one of the year. There are many new winners, and so much to celebrate. It will be wonderful to recognise the achievements of so many of you, and to welcome families who are joining us to share those successes.

A very big happy birthday to: Gurveer, Leila, Riana, Riyaan, Daria and Aydh!

Have a fantastic week, Year 10. I look forward to celebrating with you tomorrow

**Mrs Manandhar**



## Year 11

Our final Celebration Assembly was a wonderful display of your very best. An expression of the hard work and intentional focus you have put in over this term. Those who won awards should be proud of yourselves. But we are not done with the celebrations.

Remember to put these certificates in your Portfolios. Your portfolios are an embodiment of your achievements over the last year - a reflection of the virtues you have displayed and a representation of what it is to be the best version of yourselves. It is these portfolios that will be handed to you on our formal and special Portfolio & Presentation Evening on Thursday 30<sup>th</sup> April. A chance for your parents and carers to come together to celebrate your journey at Park High. There will be some special awards given this evening, so continue to impress your teachers.

Your Progress Check 3 will be published next week. The most important aspect of this will be the feedback you receive from your assessment scores. Where have you improved since your last mocks? Where are your gaps in knowledge and misconception? Your feedback should now inform your study and revision - you need to practise and revise the areas you don't know or are not confident in.

Even in the midst of this pressured time, there are some exciting things to look forward to - keep these in mind. Our plans for Prom are well underway - it will prove to be one of the highlights of your time at Park. But remember an invitation to these events is based on you meeting all expectations of being a Park High student. So let's keep pushing, keep making the most of your learning, endeavour to bring your best to each day.

**Mr Fowler**

## Sixth Form

### Year 12

A huge thank you to everyone who has submitted a Head Boy or Head Girl application — an amazing 25 applications in total. It's fantastic to see so many of you pushing yourselves beyond your comfort zones. Shortlisted candidates will begin the first stage of interviews next week.

### Year 13

52 students have now heard back from their university applications and are beginning to make their decisions. If you already know your firm and insurance choices, please go ahead and submit them. Eight students have already taken this step and now have clear grade targets to work toward in preparation for their A-Level exams. If you have any questions or need support with anything UCAS-related, please get in touch with the Sixth Form team.

**Mr Clarke**



# SPRING TERM 2 CLUBS

Please see below the clubs and activities we offer, these are subject to change. Parents can enrol their child in clubs via [Arbor](#).

## Monday

Activity	Time	Location
Basketball	Before School	Sports Hall
Basketball	Breaktime	Sports Hall
Dance Club	Lunchtime	Dance Studio
Y7-8 Girls Netball	Lunchtime	Sports Hall
Y9-11 Computing	Lunchtime	T3
Y10-11 Basketball Coaching	After School (3.10-5.30pm)	Sports Hall

## Wednesday

Activity	Time	Location
Volleyball Coaching	Before School	Sports Hall
Basketball	Breaktime	Sports Hall
GCSE Table Tennis	Lunchtime	Main Hall
Girls Netball	Lunchtime	Sports Hall
Spanish Conversation Club	Lunchtime	L3
Poetry Club	Lunchtime	R1
Table Tennis	After School	Main Hall
Y7-9 Basketball Coaching	After School (3.30-5.30pm)	Sports Hall
Into Film Club	After School	T5

## Friday

Activity	Time	Location
Badminton Squad	Before School	Sports Hall
Basketball	Breaktime	Sports Hall
Girls Volleyball	Lunchtime 1-1.25pm	Sports Hall
6th Form Volleyball	Lunchtime 1-1.25pm	Sports Hall
Volleyball	After School	Sports Hall
Girls Table Tennis	After School	Main Hall

## Tuesday

Activity	Time	Location
Badminton Coaching	Before School	Sports Hall
Basketball	Breaktime	Sports Hall
Girls Volleyball	Lunchtime	Sports Hall
6 <sup>th</sup> Form Volleyball	Lunchtime	Sports Hall
Computer Science Club*	Lunchtime	T1
French Conversation Club	Lunchtime	L4
German Conversation Club	Lunchtime	L3
Literary Lounge	Lunchtime	N4
Badminton	After School	Sports Hall
Chess Club	After School	M6
Y12 Brilliant Club**	After School	B3
Girls Football	After School	Park

## Thursday

Activity	Time	Location
Basketball	Before School	Sports Hall
Table Tennis Coaching	Before School	Main Hall
Basketball	Breaktime	Sports Hall
Girls Badminton	Lunchtime	Sports Hall
Y10 GCSE Art Club**	Lunchtime	P5
School Council**	Lunchtime	S3
Y7-11 Science	Lunchtime	S2
Girls Netball	After School	Playground
Y8 Brilliant club **	After School	B2



# THIS WEEK

# FIXTURES

17/03/26 - Y7 Girls Football Tournament  
17/03/26 - U13 Jr. NBA Basketball V London Academy (A)  
**18/03/26 - U16 Badminton Finals (A)**  
18/03/26 - U14 Girls Football V Sacred Heart (H)  
18/03/26 - Y8 Netball Semi final V Nower Hill (A)  
19/03/26 - U13 Netball Tournament  
19/03/26 - U13 Jr. NBA Basketball V Whitefriars (A)  
20/03/26 - U14 Girls Football V Harrow High (H)  
20/03/26 - Y7 Netball V Sacred Heart (A)  
20/03/26 - Sixth Form Volleyball V Watford Grammar (H)

# NEXT WEEK

**23/03/26**

Y11 GCSE Food Practical Exams

**24/03/26**

Y11 GCSE Food Practical Exams

Y7 Celebration Assembly

**25/03/26**

Y9 Celebration Assembly

**26/03/26**

GCSE Drama Exam

Y8 Celebration Assembly

Y12 University Fair

PSHCEe, Period 6

**27/03/26**

Last Day of Spring Term



# FREE THINGS TO DO

## A First Look at the Head of the River Race

The Head of the River Race takes place a week before the Oxford V Cambridge Boat Race and gives spectators a chance to watch crews follow the same course from Putney to Mortlake. The event began in 1925 as a winter rowing challenge but now runs in spring which is far easier for competitors. Spectators can watch from Chiswick Bridge, Furnivall Gardens, Bishops Park, Chiswick Pier or Putney Bridge.

The race happens on **Saturday 28 March 2026 at 12.15pm.**

